

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

SEPTEMBER, 2015

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026
413-634-2262
coa@cummington-ma.gov

Carolyn Urekew, Director
Hours:
Wednesday & Friday
9 AM—12 PM



EVENTS — SEPTEMBER, 2015

Mondays:

Osteoporosis Exercise	9:30-10:30 am
Coffee Hour	10:30-11:30 am
Board of Assessors Assistant	9:30-11:30 am
Town Admin. Assistant	9:00-11:00 am
Needlework Group	1:30-3:30 pm
Bryant Library	6:00-9:00 pm
Veterans' Agent - 1 st & 3 rd Mondays,	9:00-11:00 am

Tuesdays:

Town Admin Assistant	9:00-11:00 am
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COA Potluck Luncheon, Sept. 15th, 12 Noon at the Community House (3rd Tuesdays)

Board of Health meeting 1 st & 3 rd Tuesdays,	7:00 pm
Veterans' Agent, 3 rd Tuesdays,	6:00-8:00 pm
at the Williamsburg Town Offices	

Wednesdays:

COA office hours	9 am-12:00 noon
Chair Yoga with Sarah Prince	12:00-1:00 pm
Tap Dancing*	4:00-4:45 pm
Bryant Library	6:00-9:00 pm
Compactor	5:30-7:30 pm

Thursdays:

COA Board of Directors, Sept 3rd, 9:30 am

Town Clerk	6:00-7:30 pm
Selectboard	7:00 pm
Board of Assessors meeting 2 nd & 4 th Thursdays	6:00-8:00 pm
Building Inspector	6:00-8:00 pm

Fridays:

COA office hours	9 am-12:00 noon
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Saturdays:

Compactor	7:00-11:00 am
Bryant Library	8:30 am-12:30 pm

***The tappers are tapping at dance class Wednesdays at 4 pm here at the Community House!**

Annual Picnic a Success!



Our first ever August event was held on Tuesday Aug. 11th. We didn't let the heavy rain bother us and thanks to Grill Master Jim Martin and his grill, 30 of us enjoyed a wonderful picnic potluck with the Board of Directors supplying the Hamburgs, Hot Dogs and all the trimmings. Guests pitched in and brought wonderful side dishes and desserts to go with the picnic theme.

Laughter and fellowship were constant and everyone had a really nice time. Because of it being so well received, we will do it again at a future date.



The Cummington Ladies Lunch Bunch will meeting on **September 9th**. Our destination will be the **Ashfield Lake House**. If you are interested in carpooling, we will meet at the church at 11:30 AM.

A Huge Thank You goes out to Donald Morton for his many, many years of service to the Board of Directors.

****Board of Directors** will meet on **Sept. 3rd at 9:30 AM**. The Board is looking to add 2 new members. If you think you may be interested please **call Elliot Ring at 634-5666 or Co-chair, Anne Parsons at 634-5707**.

Help prevent Osteoporosis and have fun doing it!!! **Mondays at 9:30 am**. Followed by the weekly **Coffee Hour at 10:30 am**.



The September Potluck Luncheon

will be held on September 15th at Noon here at the Community House. No program is planned so guests are invited to bring friendship, fellowship and laughter! Our potluck luncheons are a fun social event with a lot of good food. Do you need a ride in order to attend?? If so, call Carolyn at 634-2262. Please don't be shy and don't miss out!!

Please continue to keep our friend and local HEN coordinator, Jane Neri, in your thoughts and prayers. She has suffered a severe stroke and her recovery will be a long haul for her.

The Council on Aging would like to extend a heartfelt **THANK YOU** to those in our community who continue to generously donate to help support our programs. We are grateful and appreciate all that you have done and continue to do!

Hilltown Food Pantry 413 268-7578
at Goshen Town Hall – Diane Meehan, Director.
Each Wednesday, 1-3 pm and 3rd Wednesday, 1-6 pm. Clients of the pantry may pick up free boxes of groceries monthly, as available. Please bring social security numbers of all family members applying at this site. Don't go hungry, check out the Hilltown Food Pantry!



Who would be willing to participate in our Neighbor to Neighbor program? We always need drivers. While the FRTA van use is encouraged, there remains a need for the one on one driver. It could be taking someone to grocery shop or to a Dr.'s appointment. If you would or could be interested, please call Carolyn at 634-2262.

Hilltown Elder Network (HEN)

provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp (HCDC). If you could use a little help around the house, call Charlie Hayes at 413-296-4536, Ext. 120 (as your Coordinator, Jane Neri recouperates from her recent stroke.)



Annual Farmer's Market Coupons

Your Cummington COA was extremely fortunate to have received 16 booklets of coupons and is thrilled to report that they have ALL been distributed to eligible seniors. **If you were lucky enough to qualify, please be sure you do use the coupons at the farmer's market!** This is certainly a bonus we never want to lose.

Regional Event!



Rick Murnane Band:

Jazz, Blues, Pop Rock

Join us for a night of fun!

FREE and open to the public! All ages welcome!

Sunday, September 20th, 2 pm at the Chesterfield Community Center, 400 Main Rd., Chesterfield, MA

Joining Rick for this show are Nick Dines on drums, and Fred Goodhue on bass. The three all reside with their families in Williamsburg, and play as a trio several times a year throughout the Northeast-for club gigs and private events. They perform Rick's material, and a selection of jazz and blues.

Sponsored by the Goshen Cultural Council, the Goshen Council on Aging and the MA Cultural Council.

Scams! Social Security Records

Greetings,

Sometimes it is nice to suspend reality, do some dreaming, or bypass responsibilities for a little while. However, because of the importance of Social Security (SS) to most of us, this is one area in which reality should be fully present and accounted for. We can set up an online access to our SS records and check it whenever we need to. This access is called "my Social Security" and sign up is here: <http://www.ssa.gov/myaccount/>. It's not a bad idea to look at your account once a year to make sure things look and feel right.

Some folks will still get a SS statement in the mail (US Postal Service) but many will not. Online access lets you check earnings and potential benefits, and make changes such as change of name or address. If you have any questions, the SS number to call is 1-800-772-1213. The TTY number is 1-800-325-0778.

This is important – you can review your statement online but only with your own account and you logging in. If you get an email from "social security" saying something like "Attached is your most recent statement; please review it for errors", you can know that is a scam or computer virus of some sort. Whatever you do, do not open that link. The SS office will not send your statement by electronic mail.

There have also been some scams that come as a letter asking us to send just \$18.95 or some amount to help show Congress that we want our benefits to continue, that we need a higher cost-of-living raise, that we want some change in SS. Please save your money – this cannot be a good reality!

Finally, a short write-up about phishing is found at <http://www.ssa.gov/myaccount/internetphishingalert.html>. This article points out that links inside a valid email will end with .gov; if they do not, they are not valid links to get to a SS site.

I am truly sorry that something as important as SS can also be fraught with scams. Stay safe...

Jean O'Neil, TRIAD committee, Williamsburg

You May be Eligible for Help!

Need Help Filling Out Forms? Wondering if you are eligible to receive help? (Fuel Assistance, SNAP, Brown Bag, Verizon, National Grid, etc.) Some of the Senior Centers have applications and training to help you apply for resources available to you! **Call your Senior Center or call Janet Dimock, Community Health Worker** at the HCHC (also known as the Worthington Health Center) **at 413-238-5511, ext. 149** to see how she can help you.



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to **review, understand and save this information!***

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help *you*: call your local senior center **now!**

Seniors Aware of Fire Education: SAFE

Have you heard your elementary-school-age grandchildren and/or great-grandchildren talking about the exciting fire safety activities in school? *Students Aware of Fire Education* is a popular and very successful program that teaches children how to respond to emergencies and appropriately and with life-saving results.

Now we have *Seniors Aware of Fire Education* which focuses on fire and life safety issues and things we can do in emergencies that were not taught when we were in elementary school. Your newsletter editor has graciously agreed to include *SAFE* tips in each edition. This month's *SAFE* topic has to do with kitchen fires, which are the number one cause of house fires among older adults in the commonwealth.

Senior 
SAFE

This month's question is: **What should I do if a pot or pan on my stove catches fire?**

- 1) PUT A LID ON IT. Cover the pot or pan with an airtight lid.**
- 2) If the fire spreads outside of the pot/pan, call 911 immediately.** (The firefighters love to get there before a small fire becomes a big one.)

The *Senior SAFE* program is sponsored by the Massachusetts Department of fire Services and some of our local fire departments. **Be Fire Safe!**

Worth Noyes, S.A.F.E. Educator,
Cummington & Williamsburg Fire Departments

Hilltown Community Development Corporation is Now Accepting Applications for an Affordable Housing Waitlist.

The **application deadline is September 4th, 2015**. Village Center Apartments are located in Williamsburg, Haydenville and Chesterfield, and include all newly renovated and affordable 2, 3 and 4 bedroom sized units. There is also one mobility accessible, one bedroom unit available. Income restrictions apply; this is an equal housing opportunity. Units will become available between October 1st, 2015 to January 1st 2016. Applications can be mailed or emailed, or found at local town offices and libraries. Please call Cynthia Thibeu at 413-296-4536, extension 105, or cindy@hilltowncdc.org with questions or to request an application.

NEED HELP WITH YOUR HOME REPAIRS? The Housing Rehab Program may be able to help!

Hilltown CDC received funding for the FY15 Housing Rehab Program! We're looking for homeowners who live in Chesterfield, Cumington, Goshen, Plainfield, Peru, Westhampton, Williamsburg, and Worthington who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

Roof and Foundation Repairs
Heating System Repairs
Plumbing and Electrical Repairs
Windows and Doors Replaced

Septic Systems and Sewer Tie-in
Handicap Accessibility Work
New Wells Drilled; Pumps Repaired
Lead Paint and Asbestos Removal

These are NO Interest/NO payment loans which may be entirely forgiven, and all repair work is completed by a licensed contractor of your choice. Please don't delay, funding is available and you may be surprised to find out you qualify. Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email her at paulab@hilltowncdc.org for more information and an application.

The Home Modification Loan Program is a state-funded loan program that can help MA state residents live more independently at home. It provides 0% and 3% loans (up to \$30,000) and has generous income guidelines. Approximately 94% of homeowners qualify for a 0% loan. 0% loans have no monthly payments and repayment is only required when the home is sold or transferred! Ramps and Fences, wheelchair and stair lifts, bathroom and kitchen adaptations are included.

For more information: visit www.mass.gov/mrc/hmlp or contact Susan Gillam at the MA Rehab Commission at 617-204-3739, 1-800-245-6543 (voice/TDD), or SGillam@CEDAC.org.

The Cumington Council on Aging would like to say THANK YOU to all of you who have generously donated to support our programs!!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cumington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support.

The Cumington Council on Aging counts on YOUR support to continue our important programs for local seniors!

☐ **I would like to contribute to the COA. My contribution of \$_____ is attached.**

Name _____

Address _____

**Thank you for helping to Support Your Neighbors!
The Cumington Council on Aging**

RESOURCES DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282.
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification (after 11/1)	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Help inside the home & errands (waiting list)	
Veteran's Service Officer Tom Geryk	413 587-1299
Joe Henning (Westhampton)	413 207-3541
<u>Food Services:</u>	
Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
Hilltown Food Pantry - Goshen Town Hall* - Diane Meehan, Director	413 268-7578
*Each Wednesday 1-3 PM; 3 rd Wednesday 1-6 PM	
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564
<u>Health Services:</u>	
Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413 5511, ext. 131
Janet Dimock , HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center	413 268-8407
to schedule (Office hours alternating months at the Senior Center)	
Foot Care Kip Moeller , foot care, Goshen or in-home visits—Call Liz Loven for appointment—413 268-7122	
Oni, RN , monthly foot care in Williamsburg or in-home visits	413 268-8407
Diane Roeder , foot care in Westhampton & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
Lorraine York-Edberg	413 773-5555, ext 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413 667-2203
Eli Stark at the Hilltown CDC-Chesterfield	413 268-0200
<u>Transportation Services</u>	
Chesterfield FRTA Volunteer Driver, Carol Jolly	413 296-4254
Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation to appointments or grocery shopping, Susan Everett	413 527-9098
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
PVTA Shopping VAN (Williamsburg) -Tuesday shopping trips & trips to town, \$2.00	413 268-8407
FRTA Van (Cummington) Shopping trips on Tuesday mornings, med appts. afternoons) Ellie Loomis	413-268-7582
(Goshen Shopping trips & Med rides on Tues., Weds. & Thurs. with advance notice) Ellie	"
(Plainfield residents can use the van for medical rides any day except Tuesday) Ellie	"
<u>Local Councils on Aging</u>	
Chesterfield COA , Nancy E. Braxton	413 296-4007
Cummington COA , Carolyn Urekew	413 634-2262
Goshen COA , Rosemarie Clark	413 268-8236
Plainfield COA , Jane Neri	413 634-5703
Westhampton COA , Pat Miller	413 527-2404
Williamsburg Senior Center , Marie Westburg	413 268-8407
Worthington COA , Sandra Epperly	413 238-5584

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026

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Greenfield MA

**CUMMINGTON
COUNCIL ON AGING**

Carolyn Urekew,
Director
413 634-2262

Anne Parsons
COA Chairperson
634-5707

Elliot Ring
COA Co-Chairperson
634-5666

Newsletter Design
Sherry Loomis

**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: GENEROUS DONATIONS,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

Peg Whalen, Regional Outreach Coordinator for Northern Hilltowns



Hi, my name is Peg Whalen, your new COA Outreach Coordinator - for the Northern Hilltowns Consortium of COAs. I am working on connecting with every town COA, COA Board Members, and town residents with concerns about aging neighbors, friends, or family members.

You can take the girl out of hilltowns but you can't take the hilltowns out of the girl. I am happy to be back in the northern hilltowns of Western Mass. I am a returning resident. I lived in Western Mass in the 1980's and early 1990's. I moved away for education, but vowed to return as soon as I could.

Well, it took 20 years but I am back. I have a social work degree and a PhD. But, I am looking forward to many more years of education from hilltown residents age 60 or better, and those Boomers, like myself, soon to follow.

To date:

So far, events have been very welcoming and calorie rich. I have been to Goshen for several luncheons and the summer picnic, attended the annual Worthington picnic at the Rod and Gun club, eaten with others at Williamsburg's regional meal site, and regularly been to Plainfield's twice a month luncheons. I have met all COA directors or coordinators and count them among my new colleagues. I hear some wonderful quips at these meals full of laughter. I am planning to share some quotable quotes with readers in future newsletters. This month I have one to share: At one town event I overheard, "You know... you have to LEARN to be an Old Lady!" Do you agree? How did you learn to be "Old"? Please share your thoughts and humor with me.

So what's outreach all about?

Listening! I am here to listen to your ideas, opinions, experiences, concerns, and questions. I hope you will seek me out or talk with me when I cross your path. I will have a local phone number to share in a future newsletter. In the meantime, feel free to call my cell number, at 517-285-9242, visit me or write to me at the Chesterfield Community Center in the old Grange building at 400 Main St., Chesterfield, MA 01012. You can reach me by postal mail at that same address, or by email to pwhalen@hchcweb.org. Thanks to all for the warm welcome! I look forward to meeting more of you in the next two years.